

SALADS FOR DINNER RECIPES

Mediterranean Salad

1 small red onion	4 ounces mushrooms, your choice
2 gloves garlic	2 ripe tomatoes
1 small cucumber	4 ounces sliced salami
6 Tbsp. olive oil – divided	2 cups Italian bread, cubed into 1-inch cubes
2 Tbsp. red-wine vinegar	4 cups torn salad greens
½ cup fresh basil	4 ounces feta cheese, crumbled
Salt and Pepper to taste	

Thinly slice onion and mushrooms. Chop garlic and cut tomatoes into 1-inch chunks. Peel cucumber and cut into ¼ inch thick slices. Cut sliced salami into strips

In 4-quart saucepan, heat 2 tablespoons oil over moderate heat. Add the onion and sauté until soft, about 5 minutes. Add the mushrooms and garlic; cook until soft, about 3 minutes. Remove the saucepan from the heat. Stir in bread cubes, set aside to cool.

Meanwhile, in a small jar or cruet, combine the remaining 4 tablespoons olive oil, vinegar, salt and pepper. Cover and shake the dressing until well mixed. To serve, in a salad bowl, toss the tomatoes, cucumber, salad greens, and basil, if desired. Top with the salami, cheese, and the bread mixture. Drizzle the dressing over the salad, toss gently and enjoy. Serves 4

White Beans with Tuna

One 16-ounce can white kidney beans, drained	¼ cup olive oil
Two 6 ½ ounce cans tuna in water, drained	2 tablespoons lemon juice
3 ripe plum tomatoes	1 clove garlic, chopped
1 green onion, chopped	½ teaspoon dried oregano
2 tablespoons chopped parsley	Salt and pepper to taste

Drain the kidney beans (Cannellini) and rinse with cold water. Drain the two cans of tuna. Cut the tomatoes into ½ inch cubes and finely chop the green onion. In a large bowl, combine the beans, tomatoes, green onion, olive oil, lemon juice and garlic. Mix well, add the oregano and parsley.

Gently fold the tuna into the bean mixture; season with salt and black pepper to taste. Serve the salad immediately, or cover the bowl and refrigerate until ready to serve. Just prior to serving lightly toss everything again. Serves 4

Italian Antipasto Salad Bowl

6 ounces salami (uncut)	8 ounces mushrooms
1 small red pepper	1 can, 6 oz. drained black pitted olives
1 can 8-10 oz. drained chick peas	1 6 oz. jar marinated artichokes hearts, chilled
2 tablespoons olive oil	1 tablespoon red wine vinegar
½ teaspoon dried oregano	Escarole leaves

Using a sharp knife, slice the salami into ¼ inch cubes. Slice mushrooms,; core and seed bell pepper and cut it into 1-inch pieces. Drain olives and drain and rinse chick-peas.

In a large bowl, combine the salami, mushrooms, bell pepper, olives, chick peas, and artichoke hearts with their marinade. Add oil, vinegar and oregano. Gently toss everything together to combine.

At serving time, line shallow salad bowl with escarole; spoon the salami mixture into the center and serve immediately or cover and refrigerate until ready to serve. Serves 4

Broccoli and Lentil Salad

1 cup dried lentils	2 cups water
2 cups broccoli florets	1 green onion, chopped
½ cup ranch dressing	8 red radishes
¼ cup toasted sunflower seeds	Salt and pepper to taste

Rinse and drain the dried lentils. In a medium-size saucepan, bring the lentils and 2 cups water to a boil over high heat. Reduce the heat to low, cover and simmer the lentils until they are tender, but firm, 15 to 20 minutes.

Meanwhile, in a small saucepan, bring 1-inch of water to a boil over high heat. Drop broccoli into the boiling water and return the water to a boil, uncovered. Cook the broccoli until crisp-tender, about 2 minutes. Drain the broccoli and rinse with cold water. Place the broccoli around the edges of a shallow serving dish and refrigerate.

Drain the cooked lentils and rinse them with cold water. In a medium-size bowl, combine the lentils with chopped green onion and ranch-style dressing; season with salt and pepper. Refrigerate the lentils until cool, at least 10 minutes. Meanwhile, slice radishes or cut them into rose shapes.

To serve, mound the lentils in the center of the broccoli on the serving dish, and sprinkle with toasted sunflower seeds. Garnish the salad with the radishes; serve immediately, passing additional dressing on the side, if desired. Serves 4

Seafood Romaine Salad

12 ounces cod, orange roughy, halibut or tilapia
1 small head romaine lettuce
1 can (2 ounces) anchovy fillets
1 cup prepared croutons
2 tablespoons grated Parmesan cheese
Ground black pepper to taste

For the lemon-garlic dressing

½ cup vegetable oil
2 tablespoons lemon juice
1 clove garlic, finely chopped
1 teaspoon Worcestershire sauce
¼ teaspoon dry mustard

Preheat the broiler. To prepare the dressing, in a small jar or cruet combine oil, lemon juice, garlic, Worcestershire sauce and mustard. Cover and shake the dressing until well mixed.

Place the fish on a greased rack over the broiler pan. Drizzle 1 tablespoon of the dressing over the fish. Broil the fish 4 inches from the heat until it flakes easily when tested with a fork, about 5 minutes. Transfer the fish to a plate and let it cool for 20 minutes.

Meanwhile, rinse and dry romaine. Tear the leaves into bite-size pieces and place them in a salad bowl. Drain anchovies and cut them in half crosswise. Break the broiled fish into small chunks and remove any bones. Add the fish, anchovies, and croutons to the romaine.

Shake the remaining dressing and drizzle it over the salad. Sprinkle with cheese and pepper, toss gently until everything is coated and serve. Serves 4

Dilled Salmon and Bean Salad

1½ pounds green beans
2 cans (7½ ounces) salmon, drained and skinned
2 ounces sliced smoked salmon or lox, cut into strips
½ small red onion, thinly sliced
Lettuce leaves

For the dill and lemon dressing

¼ cup olive oil
2 tablespoons lemon juice
1 tablespoon snipped fresh dill or 1 teaspoon dried dill

½ teaspoon dry mustard
Salt and ground black pepper to taste

In a 4-quart saucepan, bring 4 inches of water to a boil over high heat. Snap tips off green beans. Drop the beans into the boiling water and return the water to the boil. Cook the beans until crisp-tender, about 4 minutes. Drain the beans and rinse with cold water. Place the beans in a bowl and refrigerate until ready to serve.

To make the dressing, in a large bowl, whisk together the olive oil, lemon juice, snipped dill, and dry mustard. Season the dressing with salt and pepper to taste. Fold the canned salmon, smoked salmon and onion into the bowl with the dressing; toss gently until coated. Cover and refrigerate the salmon mixture until ready to serve. Just before serving, line a platter with lettuce leaves. Add the beans to the salmon mixture and toss gently. Mound the salmon mixture on the lettuce and serve immediately. Serves 4

Shrimp Couscous Salad

4 tablespoons olive or vegetable oil, divided
1 small zucchini, sliced
1 clove garlic, finely chopped
1 teaspoon curry powder
1½ cups vegetable broth or water
1½ cups quick-cooking couscous
12 ounces medium-size uncooked, shelled and deveined shrimp, thawed if frozen
2 ripe plum tomatoes, diced
2 tablespoons chopped parsley
1 tablespoon red-wine vinegar
Salt and ground black pepper to taste

In a large skillet, heat 2 tablespoons oil over moderate heat. Add zucchini and sauté until it softens, about 4 minutes. Stir in garlic and curry powder, cook for an additional 1 minutes. Add vegetable broth to the skillet with the zucchini and bring it to a boil. Stir in the quick-cooking couscous, cover, and remove the skillet from the heat. Let the couscous stand until it softens and absorbs all the liquid, about 10 minutes.

Meanwhile, in a large saucepan, bring 2 inches of water to a boil over high heat. Drop the shrimp into the boiling water and cook the shrimp until they are pink and firm, about 1 minute. Drain the shrimp.

In a large bowl, combine the shrimp, tomatoes, parsley, vinegar and the remaining 2 tablespoons of oil. Stir in the couscous mixture, breaking up the lumps of couscous with a fork.

Season the salad with salt and pepper. Serve the salad warm, or cover and refrigerate until ready to serve. Serves 4

Layered Chicken Salad

6 slices bacon
2 boneless, skinless chicken breast halves (about 12 ounces)
1 small head romaine lettuce
3 large ripe tomatoes
2 small avocados
1 cup prepared chunky blue cheese dressing

In a large skillet, cook bacon over moderate heat until crisp. Leaving the dripping in the skillet, remove the bacon to drain on paper towels. Crumble the bacon and set aside.

Using a sharp knife, cut each chicken breast half crosswise into 1/8th of an inch thick slices. In the bacon drippings in the skillet, cook the chicken over moderately-high heat until tender, about 5 minutes. Set the chicken aside to cool slightly.

Cut the romaine lettuce crosswise into 1/2 inch thick slices. Thinly slice tomatoes. Cut avocados in half, remove the pits, and slice the avocados crosswise.

To arrange the salad, place the sliced lettuce in the bottom of a large glass salad bowl. Forming layers, add the chicken, then tomatoes, then avocados, spacing them evenly. Add the crumbled bacon and a spoonful of the blue cheese in the center. Transfer the remaining dressing to a small bowl. Serve the salad, passing the extra dressing on the side. Serves 4

Beef Noodle Salad

2 packages (3 ounces each) ramen noodle soup, any flavored
2 green onions
2 large carrots
12 ounces roast beef, cut into strips
Lettuce leaves

For the peanut-sesame dressing

2/3 cup hot water
1/3 cup creamy peanut butter
2 tablespoons soy sauce
2 tablespoons Oriental sesame oil
1 tablespoon distilled white vinegar

1 teaspoon sugar
Pinch red pepper flakes

In a large saucepan, bring 2 inches of water to a boil over high heat. Add dried ramen noodles (discard the seasoning packets). Cover and reduce the heat to moderate; cook the noodles just until they are soft, about 3 minutes.

Meanwhile, cut the green onions lengthwise into thin strips, then crosswise into 2-inch lengths. Peel carrots and cut them into ¼-inch thick strips. Drain the ramen noodles in a colander and rinse with cold water. Set the noodles aside.

To make the dressing, in a large bowl, using a wire whisk, combine 2/3 cup hot water, peanut butter, soy sauce, sesame oil, and vinegar, sugar, and red pepper flakes. Add the cooked noodles, beef and carrot strips, and the green onions to the peanut-butter mixture and fold gently until well mixed. Line a serving platter with lettuce leaves. Spoon the beef noodle salad over the leaves. Serve immediately or cover and refrigerate the salad until ready to serve.
Serves 4

Arugula, Cherry Tomato, and Spicy Salami Pasta Salad

¾ pound cooked Orecchiette Pasta
6 slices spicy Italian salami, cut into strips
5 oz. Arugula, shredded
6 ½ oz. cherry tomatoes, halved
4 tablespoons olive oil
3 tablespoons white wine vinegar
1 teaspoon sugar

Cook the pasta in a large pan of rapidly boiling salted water until al dente. Drain, rinse under cold water and drain again. Allow to cool.

Heat a frying pan over medium heat, add the prepared salami and cook until crisp. Drain well on paper towels and set aside.

Combine the salami, pasta, arugula and cherry tomatoes in a large bowl.

In another bowl whisk together the oil, vinegar, sugar and ¼ teaspoon each of salt and pepper for 1 to 2 minutes to incorporate. Drizzle over the salad just prior to serving and toss. Serves 4

Bee-utiful Summer Salad

2 Tablespoons extra-virgin avocado oil (Note, can use olive in its place)
1½ Tablespoon wildflower honey
½ teaspoon grated orange rind
1 Tablespoon fresh orange juice
1 Tablespoon fresh lime juice
1 teaspoon whole-grain mustard
¼ teaspoon kosher salt
12 oz. cubed watermelon
12 oz. cubed honeydew
1 small English cucumber, cut lengthwise into thin ribbons (about 1 cup)
½ cup thinly slice red onion
3 Tablespoons torn mint leaves

Place the first 7 ingredients in a large bowl; stir with a whisk. Add melons, cucumber, and onion; toss to coat. Let stand at room temperature 15 minutes to allow all the flavors to meld. Now sprinkle with the torn mint leaves and serve. Enjoy! Serves 6

Tender Green Salad with Strawberries, Cucumber, Pistachio and Basil

2 Tablespoons olive oil
2 teaspoons white wine vinegar
1 teaspoon honey
¼ teaspoon salt
1/8 teaspoon freshly ground black pepper
½ head butter, Boston or Bibb lettuce, leaves torn (about 5 cups lightly packed)
6-8 large or 12 – 14 small hulled strawberries, quartered if large, half if small
¼ English (seedless) cucumber, but into thin half-moons
2 tablespoons shelled, unsalted pistachios, toasted and coarsely chopped
4 large or 8 medium fresh basil leaves, torn

Whisk together the oil, vinegar, honey, salt and pepper in a medium bowl to form a dressing. Place the lettuce in a large bowl. Drizzle in about half of the dressing, and gently toss to coat. Divide the dressed lettuce among 4 individual salad plates. Arrange the strawberries and cucumber slices on top, then drizzle with the remaining dressing. Top each portion with ½ tablespoon of pistachios, and some fresh torn basil leaves. Enjoy!

Note: Toast the pistachios in a small, dry skillet over medium-low heat for a few minutes, until fragrant and lightly browned. Cool completely before using.

Bacon, Lettuce, and Tomato Pasta Salad

1 package (12 oz.) bacon
16 ounce box fusilli, bow tie, or curly pasta
1 cup good quality mayonnaise
 $\frac{3}{4}$ cup whole milk
1-ounce packet dry ranch seasoning mix
Juice of 1 lemon
 $\frac{1}{4}$ cup parmesan cheese
 $\frac{1}{2}$ teaspoon ground black pepper
1 pint grape tomatoes, halved
2 cups thinly sliced romaine lettuce
 $\frac{1}{2}$ cup chopped red onion
 $\frac{1}{4}$ cup chopped fresh herbs such as dill, parsley, basil

Cook the bacon in a large skillet over medium heat, turning as needed, until the fat has rendered and the bacon is golden and crispy, 8 to 10 minutes total. (You may need to cook the bacon in two batches, draining the rendered fat from the skillet between batches.) Let the bacon cool to room temperature, then crumble up into bite-sized pieces.

Cook the pasta according to package directions. Drain, rinse with cold water, and let cool.

Meanwhile, in a large bowl, whisk together the mayonnaise, milk, ranch seasoning, lemon juice, parmesan cheese and black pepper. Add the pasta, tomatoes, lettuce, onion, herbs and half of the crumbled bacon to the bowl with the dressing. Gently fold together to coat. Top with remaining bacon and serve. Serves 5 to 7